DOCUMENT RESUME

ED 180 471 IR 007 945

AUTHOR	Sive, Mary Robinson
TITLE	Mental Health.
INSTITUTION	INFORMEDIA, Pearl River, N.Y.
PUB DATE	Sep 79
NOTE	22p.
AVAILABLE FROM	INFORMEDIA, P.O. Box 1020, Pearl River, NY 10965 ($10.00 subscription; $3.50 for single issue, prepaid)
JOURNAL CIT	Media Monitor; v3 n1 Sep 1979
EDRS PRICE	MF01/PC01 Plus Postage.
DESCRIPTORS	*Annotated Bibliographies; Educational Resources; Elementary Secondary Education; *Filmographies; Instructional Materials; *Instructional Media; Library Services; *Mental Health; Mental Health Programs; *Reference Materials

ABSTRACT

Instructional materials covering the major topics on mental health include 266 films, filmstrips, videotapes, slides, books, pamphlets, and other media. Of these, 118 references are appropriate for high school students, 80 for elementary students, and 68 are reference books and curriculum guides for professional use. Topics covered include general mental health, the mind, the emotions, importance of self-image, coping mechanisms, and abnormal behavior, and its treatment. Cross-references are provided, as well as a directory giving complete addresses of suppliers and a subject index. (SW)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED180471

U S DEPARTMENT OF HEALTH,
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION

THIS DOCUMENT HAS BEEN REPRODUCED EXACTLY AS RECEIVED FROM THE PERSON OR ORGANIZATION ORIGINATING IT. POINTS OF VIEW OR OPINIONS STATED DO NOT NECESSARILY REPRESENT OFFICIAL NATIONAL INSTITUTE OF EDUCATION POSITION OR POLICY

MENTAL HEALTH

by

Mary Robinson Sive

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Mary R. Sive

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

IR007945

MEDIA MONITOR

THE TIMELY GUIDE TO LEARNING RESOURCES

Mental Health

Students find themselves in confused living arrangements with separated, divorced, and remarried parents. Teachers find themselves acting as counselors. Violence is a facet of our public and domestic life. Teenage alcoholism, pregnancy, and suicide occur at uncomfortably high rates. Circumstances such as these make it imperative that schools concern themselves with MENTAL HEALTH.

Instruction in preserving one's mental health and coping with stressful situations is touched on in many curriculum areas: health, family life, and sex education, physical education, drug abuse programs, biology, the study of literature and of social problems. Psychology as an elective interests many high school seniors and juniors.

Materials for MENTAL HEALTH instruction, either as part of a formal course of study or informally integrated into other studies, need to be carefully selected. This issue of MEDIA MONITOR aids teachers, librarians, and audiovisual directors in locating the more recent suitable and reasonably priced ones. It surveys 266 films, filmstrips, videotapes, books, texts, pamphlets, and other materials. 118 are primarily for high school students, 80 for elementary and an additional 68 reference books and curriculum guides for professional use. Forty-nine of the items are free or inexpensive pamphlets, slides and free-loan films and filmstrips.

Contents

	Items	Page
I. Secondary		
Films	1-30	2
Video recordings	31-36	4
Filmstrips and kits	37-76	4
Slides	77-78	7
Games and simulations	79-84	8
Books	85-103	8
Textbooks	104-118	9
II. Elementary		
Films	119-138	10
Video recordings	139-142	11
Filmstrips, slides, kits	143-163	12
Audio recordings	164-166	13
Graphic and manipulative materials	168-174	14
Books	175-199	14
III. Professional		
Books and periodicals	200-225	15
Pamphlets	226-267	16
Directory of suppliers		18
Index		19

Topics covered

The instructional media annotated here cover major topics -- basic principles and definitions, the nature of mental health, the mind, the emotions, brain functions, importance of self-image, coping mechanisms, abnormal behavior and its treatment. Emphasis is on the general, but we do focus more heavily on concerns pertinent to young people: adjustment problems of childhood and adolescence, individualism vs. conformity, separation and divorce, depression and suicide.

Distribution among these topics is unequal. Many titles, in many different formats, are available on some subjects, thus allowing for refined choices. Other topics are virtually neglected.

To keep the issue to reasonable length, some related topics were excluded. Education about aging and death enjoyed a flurry of interest a few years ago; the resulting materials are so plentiful as to deserve a separate survey. Only a few that are parts of larger sets are mentioned here. The same is true with regard to materials for values education, sexuality education, and drug and alcohol abuse prevention.

Also excluded are titles exclusively representing one or another school of psychology or psychiatry (with a very few exceptions), parapsy-

(continued on page 20)

VOLUME 3, NUMBER 1 • SEPTEMBER 1979

Copyright © 1979 by Mary Robinson Sive

I. SECONDARY

FILMS

[Prices shown are for purchase/rental from producer. Rental fees from film libraries may be lower.]

Free-loan

1. DRIVING OR DRIVEN? Aetna Life and Casualty. 1973(?). 14 min. Also available in video. Grades 7-12.

   Teenagers' driving behavior is affected by pressures and other emotional factors.

2. SUICIDE: THE WILL TO DIE. Blue Shield Association. n.d. Grades 8-12.

   Causes and incidence of suicides; efforts at prevention.

3. WHAT WILL I DO WITH MY TIME? Association/Sterling. 1977. 27 min. Grades 7-12. Recommended by Mental Health Materials Center ("excellent").

   Shows interviews with adults and conversations among teenagers that all stress the need for knowing oneself before making career and other life decisions.

* * *

ANGEL AND BIG JOE (120)

ANGER AND HOW TO COPE (121)

4. BARGAIN BASEMENT. National Film Board of Canada. 1976. 28 min. $375/$30. Grades 10-12. Recommended by *Booklist* 3/1/78, Mental Health Materials Center, award at American Film Festival.

   "Poignantly portray[s]...two [middle-aged] people whose embroiled emotions reach out to temporarily abate their tormenting loneliness.... [T]he production will prompt sensitive distinctions between lust and love among mature viewers" (*Booklist*).

5. CIPHER IN THE SNOW. Brigham Young University. 1974. 23 min. $264/$14. Grades 10-12. Recommended by Mental Health Media Center.

   Scorned by family, other children and teachers, an unloved, extremely shy little boy dies.

6. COMMUNICATIONS PRIMER. Pyramid. 1954. 22 min. $300/$30; $225 video. Grades 9-12.

   Classic Charles and Ray Eames-produced film on communications theory, demonstrating transmission of messages by verbal, nonverbal, and mechanical means, and "noise" that may interfere with messages.

7. DOUBLETALK. LCA. 1976. 9 min. $150/$15. Grades 10-12. Recommended by *Media and Methods* 3/77, *Booklist* 5/1/77, *Forecast for Home Economics* 4/77, *Media Mix* 1/77.

   Young man engages in small talk with his date's parents while waiting for her to get ready. The soundtrack reveals the characters' unspoken thoughts, quite at variance with their superficial behavior. "A good icebreaker" (Mental Health Media Center).

FIRST IT SEEMED KINDA STRANGE (122)

8. FRUSTRATION/AGGRESSION: IT'S NOT FAIR. CRM/McGraw-Hill. 1974. 13 min. $195/$20; also in video. Grades 7-12. Recommended by Mental Health Materials Center. (Conflict and Awareness series.)

   Frustrations experienced during the day by two people erupt into aggressive behavior against each other. "A good discussion film" (Mental Health Materials Center).

9. GROUP CONFORMITY/REJECTION: HOW'S YOUR NEW FRIEND? CRM/McGraw-Hill. 1975. 11 min. $195/$20; also in video. Grades 8-12. Recommended by *Science Books and Films* 9/77, Mental Health Materials Center.

   Peer group pressures cause high school girl to reject a friend rather than risk rejection herself. "A bit overdrawn, but a good discussion film" (Mental Health Materials Center).

10. GUIDANCE FOR THE 70'S: THE BLAME GAME. BFA. 1976. 20 min. $295/$25. Grades 7-12. Recommended by Mental Health Materials Center.

    In role-playing session four teenagers attempt to give "blame" messages to persons with whom they have problems (chiefly parents) without using the word "you" and find it impossible. Other films in series deal with self-esteem, responsibility, pressures, and self-development.

11. HELP ME! THE STORY OF A TEENAGE SUICIDE. S-L Film Productions. 1977. 25 min. $395/$35. Grades 9-12. Recommended by Mental Health Materials Center, *Wilson Library Bulletin* 12/78.

    Fictionalized story of a teenage suicide, and the clues she gave about her state of mind. Parallel scenes show what parents, peers, and teachers could have done to listen to her cries for help and prevent her self-destruction.

HIDE 'N' SEEK (124)

HOW ABOUT SATURDAY? (125)

IT'S HARDER FOR PATRICK (128)

12. JERRY'S RESTAURANT. Encyclopedia Britannica. 1977. 12 min. $180/$12. Grades 7-12. Recommended by *Booklist* 4/1/78, *Previews* 3/79.

    Portrayal of a highly individualistic, some may say eccentric, restaurant owner points up need to express individuality and to accept it in others.

LIFE IS WORTH SHARING (130)

13. MENTAL PATIENTS ASSOCIATION. National Film Board of Canada. 1977. 29 min. $375/$30. Grades 10-12. Recommended by *Science Books and Films* 3/79, Mental Health Materials Center.

    Documentary about Canadian organization of persons recently discharged from treatment in mental institutions that provides needed support services for their transition to life "outside".

14. MINDSCAPE. Pyramid. 1976. 8 min. $150/$15; $135 video. Grades 8-12. Recommended by *Media and Methods* 4/77, *Film News* 1-2/77, award at Columbus International Film Festival.

National Film Board of Canada pinscreen animation exploring the regions of the subconscious.

15. MINORITY OF ONE. Films Inc. 1976. 28 min. $355/$25. Grades 10-12. Recommended by Mental Health Materials Center, *Science Books and Films* 9/78.

Explores autistic behavior in children, their parents' ordeals, and the need for care facilities.

16. OTTO: A STUDY IN ABNORMAL PSYCHOLOGY. Indiana University. 1976. 27 min. $315/$12.50. Grades 10-12. Recommended by Mental Health Materials Center.

Onset of mental illness shown in case history of middle-aged man overwhelmed with real and imagined pressures, becoming insomniac and withdrawn, and engaging in bizarre behavior. Four companion films interpreting the case and recommending treatment from the psychoanalytic, behavioral, phenomenological and social perspective are more suitable for professional use.

17. PERCEPTION: THE EYE WITHIN. Barr. 1975. 12 min. $165. Grades 7-12. Recommended by Educational Film Library Association, *Science Books and Films* 3/78 (with reservations).

The same reality appears differently to different individuals.

A PLACE FOR AUNT LOIS (135)

18. PSYCHOTHERAPY. Davidson. 1978. 26 min. $425/$40. Grades 10-12. Recommended by Mental Health Materials Center, *Science Books and Films* 5/79 ("highly recommended").

Three case histories are used to demonstrate the three basic elements of individual therapy: establishing a safe relationship, transference, and new behavior patterns.

19. REHEARSAL. Media Guild. 1977. 27 min. $365/$35; also in video. Grades 8-12. Recommended by *Booklist* 7/1/77. (Insights series.)

Use of psychodrama to rehabilitate juvenile delinquents.

20. REQUIEM FOR TINA SANCHEZ. Films Inc. 1976. 23 min. $340/$35; $240 video. Grades 9-12. Recommended by *Wilson Library Bulletin* 1/79, several awards.

A look at teenage and pre-teen girls who escape to the big city, are drawn into prostitution and cannot escape it. Tina's life ended at 15, murdered.

21. THE ROAD TO CHARLIE. Wombat. 1976. 11 min. $165/$16.50. Grades 7-12. Recommended by Mental Health Materials Center.

Animation about the problems of adolescence.

22. RONNIE'S TUNE. Wombat. 1977. 18 min. $270/$27. Grades 7-12. Recommended by Mental Health Materials Center, *Wilson Library Bulletin* 12/78, *Film News* 3-4/78, *Science Books and Films* 5/79 (with reservations), award at American Film Festival.

An eleven-year-old girl learns to live with her teenage cousin's suicide and helps his mother overcome her own sense of guilt and grief, as they jointly recall fond memories.

23. RUNAWAYS. MTI Teleprograms. 1977. 24 min. $325/$50. Grades 6-10. Recommended by Mental Health Materials Center, *Science Books and Films* 3/79, *Wilson Library Bulletin* 1/79.

Portrait of teenage girl who runs away from her white, middle-class home and her efforts to establish communications with her parents.

SELF-INCORPORATED (35)

24. SEPARATION/DIVORCE: IT HAS NOTHING TO DO WITH YOU. CRM/McGraw-Hill. 1974. $195/$20; also in video. Grades 10-12. (Conflict and Awareness series.) Recommended by Mental Health Materials Center, *Sightlines* Spring 1978.

Parents of teenage boy, in process of separating, ask him to choose sides. He wants to retain love of both, showing greater maturity than the adults.

25. SUICIDE AT 17. Lawren Productions. 1977. 18 min. $270/$40. Grades 9-12. Recommended by *Previews* 10/78, *Film News* 1-2/78, *Wilson Library Bulletin* 12/78, *Science Books and Films* 3/79 (with reservations), Mental Health Materials Center.

Case study of popular high school "jock" who commits suicide after causing death of his girlfriend in an automobile accident. The setting is an affluent California town that experienced a rash of teenage suicides. The message is that any suicide threat should be taken seriously and that young people need their parents' love and understanding.

26. SUICIDE: BUT JACK WAS A GOOD DRIVER. CRM/McGraw-Hill. 1974. 15 min. $195/$20; also in video. Grades 10-12. Recommended by Mental Health Materials Center, *Wilson Library Bulletin* 12/78, Educational Film Library Association. (Conflict and Awareness series.)

At the funeral of a boy killed in a car crash two friends realize the crash was no accident and that they had not listened to his cries for help.

27. TEENAGERS TALK: GETTING THROUGH ADOLESCENCE. BFA. 1976. 12 min. $170/$15. Grades 6-12. Recommended by Mental Health Materials Center, *Today's Education* 3-4/77.

Animation, and casual commentary by teenagers on the problems of adolescence: physical and emotional changes, peer pressures, parental expectations, experimenting with new experiences.

28. TO BE ALONE. Billy Budd. 1975. 14 min. $200/$20. Grades 9-12. Recommended by Mental Health Materials Center, Mental Health Association. (Inner Circle series.)

That to be alone is not the same as being lonely, and that each person must strike the balance between individuality and conformity, is the theme

of this film, termed "excellent" by the Mental Health Materials Center.

29. THE TUNNEL. Little Red Filmhouse. 1977. 25 min. $325/$50. Grades 7-12. Recommended by Mental Health Materials Center, *Science Books and Films* 12/78.

Depicts a seemingly senseless incident of gang violence and its consequences, inviting audience discussion on the nature and causes of violence.

30. WHAT IS PSYCHOLOGY? Wombat. 1976. 20 min. $270/$27. Grade 12. Recommended by *Previews* 2/77, *Landers* 9-10/76.

Introduction to several schools of psychology, and to concepts such as creativity, imagination, learning, memory, thought, etc. Produced in Australia.

Video Recordings

[Recordings of instructional television series, public television programs, and 16mm films available in video formats. Inquire re specific formats and leasing or duplicating arrangements. Watch for rebroadcasts of SELF-INCORPORATED (35) on local educational channels.]

Free-loan

DRIVING OR DRIVEN? (1)

* * *

COMMUNICATIONS PRIMER (6)

FRUSTRATION/AGGRESSION (8)

GROUP CONFORMITY/REJECTION (9)

31. MENTAL HEALTH AND NUTRITION. WNET/Thirteen. 1977. 29 min. $245/$40. Grades 10-12.

MacNeil/Lehrer Report 2208 on orthomolecular psychiatry.

32. MENTAL HEALTH CARE: ONE PATIENT'S VIEW. Public Television Library. 1976. 29 min. $175/$64. (Woman series.) Grades 11-12.

Former patient who spent 10 years in mental hospitals describes shock therapy, drug use and abuse, staff attitudes toward patients.

MINDSCAPE (14)

33. PHYSICAL ABUSE -- WHAT BEHAVIOR CAN TELL US. National Audiovisual Center. 1977. 14 min. $12.50. (We Can Help series.) Grades 11-12.

Clues to presence of child abuse.

34. RESPONSE TO STRESS. Public Television Library. 1977. 29 min. $175/$64. Grades 11-12.

Discussion by two experts.

35. SELF-INCORPORATED. Agency for Instructional Television. 1975. 15 15-min. programs. $125 ($180 film) each. Grades 6-9. Recommended by Mental Health Materials Center ("excellent"), awards.

Contents: Trying times (making decisions about smoking and drinking); Who wins? (moral and immoral behavior in photography competition); No trespassing (need for privacy); Getting closer (boy-girl relationships); Down and back (coping with disappointment); Pressure makes perfect (rebellion against parental achievement pressure); Two sons (family expectations mold delinquent behavior in one son); The clique (decision about whether to give up a friendship to join clique); Different folks (male and female roles); What's wrong with Jonathan (frustration and anger); Family matters (girl wants both of her divorced parents at her side); My friend (peer pressures against interracial friendship); By whose rules (politics in school election); Changes (boy-girl twins mature at different rates); Double trouble (serious illness of parent).

SEPARATION/DIVORCE (24)

SUICIDE: BUT JACK WAS A GOOD DRIVER (26)

36. TEENAGE ALCOHOLISM. WNET/Thirteen. 1976. 29 min. $245/$40.

MacNeil/Lehrer Report 2045.

Filmstrips and Kits

Free-loan

37. AWARENESS: INSIGHT INTO PEOPLE. J. C. Penney. 1970. 1 FS and record, game.

38. IMPRESSIONS: WHO DO YOU THINK I AM? J. C. Penney. 1978. 1 FS and cassette.

Mime illustrates how body language, facial expression, clothing, etc., convey meanings.

39. YOUR SPACE AND MINE -- A BEHAVIORAL APPROACH TO ENVIRONMENTS. J. C. Penney. 1975. 3 FS and cassette, poster, worksheets.

Interpersonal relationships are determined by culture-bound perceptions of crowding and privacy.

* * *

40. ADOLESCENT CONFLICT: PARENTS VS. TEENS. Sunburst. 1977. 2 FS and cassettes or records. 70-80 frames, 12-14 min. each. $59. Grades 7-12. Recommended by *Booklist* 5/1/78, *Previews* 12/78, *Forecast for Home Economics* May-June 1978.

Contents: Understanding the conflict (adolescence a period of trial for parents as well as young people); Dealing with the conflict (by transactional analysis methods). "Tastefully executed ...valuable" (*Booklist*). "Excellent technical aspects...photography...clear narration" (*Previews*). Structured to encourage discussion.

41. AMERICAN MAN: TRADITION AND CHANGE. Butterick. 1976. 2 FS and cassettes. 65-75 frames, 10-12 min. each. $49. Grades 7-12. Recommended by *Previews* 1/78.

Changing sex roles for males now include a greater share of child care, careers in fields former-

ly exclusively female, competition with women, living with working wives.

42. BASIC CONCEPTS IN PSYCHOLOGY. Prentice-Hall. 1978. 4 FS and cassettes or records. 77-95 frames, 14-15 min. each. $98. Grades 11-12. Recommended by *Booklist* 7/15/79.

Contents: The psychoanalytic viewpoint (Freud); The behaviorist viewpoint (Watson, Pavlov, Skinner); The cognitive viewpoint (Piaget, Kohler, gestalt); The humanistic viewpoint (Maslow, Rogers). Dramatizations of fictitious situations illustrate teachings of various schools of psychology, while objections to each are also stated.

43. BIOFEEDBACK: CONSCIOUS CONTROL OF THE UNCONSCIOUS. Robert J. Brady. 1 FS and cassette. 67 frames. $75 ($95 in slide format). Grades 10-12. Recommended by *Previews* 11/78, 4/79 ("year's best").

Visuals illustrate biofeedback instruments, narration describes its use in medicine, psychology and education.

44. BROTHERS, SISTERS, FEELINGS AND YOU. Guidance Associates. 1976. 2 FS and cassettes or records. 79-90 frames each. $59.50. Grades 7-9. Recommended by Mental Health Materials Center.

Family members are shown in realistic situations involving rights and responsibilities, privacy, jealousy, etc., and resolving conflicts by mutual understanding.

45. CHANGING HUMAN BEHAVIOR. Human Relations Media. 1978. 3 FS and cassettes. 66-78 frames, 12-15 min. each. $90 ($175 slides). Grades 10-12. Recommended by *Booklist* 2/1/79, *Previews* 5/79.

Contents: Principles of learning (concepts of classical and operant conditioning, positive reinforcement, contributions of Pavlov and Skinner); Dealing with problems (techniques of modifying disruptive behavior, shyness, fear, poor study habits); Blueprint for a new world? (ethics of behavior modification applied to prisoners, mental patients and young children).

46. CHILDREN OF ALCOHOLIC PARENTS. Multi-Media Productions. 1977. 2 FS and cassette. 42-51 frames, 8-9 min. each. $19.95. Grades 9-12. Recommended by *Previews* 12/78.

Causes of alcoholism, effects on children, programs to help children.

47. COURAGE TO BE ME. Pied Piper. 1978. 4 FS and cassettes. 121-200 frames, 14-19 min. each. $100. Grades 7-12. Recommended by *Booklist* 4/15/79, *Learning* 12/78 (Carla...I am somebody).

Contents: Dan...standing tall (paralyzed Vietnam veteran); Audi...every day is special (cancer victim); Carla...I am somebody (young woman growing up in poverty and neglect); Rosey Grier...believing in yourself. First person narratives telling of overcoming physical and emotional handicaps through persistence and believing in oneself.

48. DIVORCE IN THE UNITED STATES. Multi-Media Productions. 1976. 4 FS and cassettes. 36-43 frames, 9-10 min. each. $33.90. Grades 10-12.

Contents: What's happening to marriage? (divorce statistics, historical background); Sociology of divorce; Law and divorce (laws governing marriage and divorce); How does divorce affect society? (effect on children, women's roles, etc.). Promotes discussion by presenting varying viewpoints.

49. EXPLORING THE BRAIN: THE NEWEST FRONTIER. Human Relations Media. 1978. 5 FS and cassettes. 45-94 frames, 9-18 min. each. $140. Grades 9-12. Recommended by *Booklist* 7/1/78, *Previews* 1/79.

Contents: Geography of the brain (physiology, biochemistry, phrenology); Memory (long-term vs. short-term, chemical and electrical aspects); Split-brain research (functions of left and right brain hemispheres; handedness, creativity); Electrical stimulation of the brain (stimulation of pleasure centers, to control pain or mental illness; ethical implications); Biofeedback (control of autonomic systems, brain waves, meditation, altered states of consciousness).

50. FAMILY CIRCLE. Barr. 1978. 4 FS and cassettes. 71-78 frames, 12-15 min. each. $90; $24 each. Grades 8-12. Recommended by *Booklist* 11/1/78, *Previews* 4/79.

Contents: The normal family; The divorced family; The adoptive family; Death in the family. Adults, teenagers and professional react to conflicts that exist even in healthy families. Open-ended objective presentations reassure viewers that solutions to problems exist. "Level-headed" (*Booklist*).

HOW WE GROW (148)

51. HUMAN BEHAVIOR: THE PSYCHOLOGY OF THE SELF. Time-Life. 1977. 6 FS and cassettes or records. 76-86 frames, 10-13 min. each. $140. Grades 9-12. Recommended by *Booklist* 11/1/77, *Media and Methods* 4/78 ("year's best").

Contents: Learning (theories of Pavlov, Skinner, Piaget); Stress (can cause illness or stimulate achievement); Emotions (expression vs. repression); Personality (theories of Freud, Rogers, Skinner); Maturity (Erickson's eight stages); The adolescent identity crisis (needs for independence, sexual identification, career choice and personal code). Emphasis on understanding psychological concepts and oneself, on developmental rather thar abnormal psychology.

52. HUMAN DRIVES. Multi-Media Productions. 1977. 1 FS and cassette. 56 frames, 11 min. $12.95. Grades 9-12.

Graphics and photographs illustrate human needs for food, love, bodily comfort and others. *Previews* (12/78) found visuals poor and presentation unappealing.

53. INTRODUCTION TO PSYCHOLOGY. Prentice-Hall. 1976. 4 FS and cassettes or records. 90-107 frames each. $99. Grades 9-12.

Contents: Is human nature natural? (influence of heredity and environment); Is personality personal? (tests reveal personality differences); Mental illness: myths and meaning (patterns of deviant behavior, institutionalization); Frontiers

of the mind (biofeedback, hypnosis, transcendental meditation, parapsychology).

54. LANDMARKS IN PSYCHOLOGY. Human Relations Media. 1976. 3 FS and cassettes or records. 69-76 frames, 16-18 min. each. $90. Grades 9-12. Recommended by *Previews* 3/77, *Media and Methods* 4/77 ("year's best"), *Booklist* 11/76.

Contents: Origins (historical background, treatment of mental illness to time of Freud); Views of human nature I and II (theories of personality as seen by psychoanalytic, behaviorist, interpersonal, existential, humanist and other schools are explained and demonstrated through case study).

LEARNING TO COPE AND GROW (155)

55. LEFT BRAIN/RIGHT BRAIN. Audio Visual Narrative Arts. 1977. 3 FS and cassettes or records. 71-81 frames, 9-13 min. each. $71.25 ($77.25 with cassettes); $163.50 (slides). Grades 10-12. Recommended by *Booklist* 4/1/78.

Contents: The great ravelled knot (historical views, functions of various portions); The split brain (experiments on animals and observations of humans); The whole brain (location of cognitive and creative abilities, nature of scientific method). "Intriguing documentation...unusual and stimulating" (*Booklist*).

56. MARRIAGE, SEPARATION AND DIVORCE: THE BROKEN MARRIAGE. Current Affairs. 1977. 6 FS and cassettes. 74 frames, 16 min. each. $1,488. Grades 9-12. Recommended by *Booklist* 11/15/77, *Media and Methods* 4/78 ("year's best").

Contents: Why not stay together? (families who decide to stay together); You can't tell me what to do (children caught in parents' power struggle); The stranger in my home; Who can I trust? (teenagers experience moral vacuum); Can I ever love someone? (adolescents' conflicts about own relationships); When I get married (positive attitudes about traditional marriage patterns).

57. MASKS: HOW WE HIDE OUR EMOTIONS. Human Relations Media. 1976. 2 FS and cassettes or records. 67-69 frames, 10-12 min. each. $60 (slides $135). Grades 9-12. Recommended by *Previews* 12/77, *Booklist* 5/1/77, *Media and Methods* 11/77.

Contents: Performing (speech, clothing, body language, behavior serve as masks used aggressively or defensively, sincerely or insincerely); Understanding masks (Rogers' theory of real, perceived and ideal self as aid to dealing with own and others' use of masks). "Fictional vignettes [clarify] the set's points and [make] them relevant to teens' experiences" (*Booklist*).

58. MENTAL HEALTH. Prentice-Hall. 1974. 2 FS and cassettes or records. 90 frames, 18 min. each. $52. Grades 7-12. Recommended by *Previews* 4/75, 5/75.

AP Special Report on alcoholism, drug use and other manifestations of disturbance.

59. THE MENTAL HEALTH WORKER. Social Studies School Service. n.d. 1 FS and cassette or record. $14.95. Grades 10-12.

Jobs for paraprofessionals in counseling addicts, prisoners, and others.

60. MY PARENTS ARE GETTING A DIVORCE. Human Relations Media. 1976. 2 FS and cassettes or records. 71-80 frames, 9-10 min. each. $60. Grades 8-12. Recommended by *Previews* 11/77, *Media and Methods* 4/77 ("year's best"), *Forecast for Home Economics* May-June 1977, *Learning* 12/77 (year's best").

Contents: Separation (children should not blame themselves or one of parents exclusively); Adjusting (rejection, anger, loneliness are expected feelings). Society's changing attitudes to divorce are explored.

61. OVERCOMING INFERIORITY. Human Relations Media. 1978. 2 FS and cassettes or records. 66-75 frames, 11-12 min. each. $60. Grades 8-12. Recommended by *Booklist* 1/15/79.

Contents: What is inferiority? (feelings may be created by physical handicap, childhood experiences, other causes); Coping techniques (compensation, overcompensation and undercompensation, behavioral strategies; examples of persons who turned real inferiorities into success). Based on concepts of Alfred Adler. "Imagined and real inadequacies [of teenagers are] believably portrayed" (*Booklist*).

62. PSYCHOLOGY: A PERSONAL PERSPECTIVE. Prentice-Hall. 1978. 4 FS and cassettes or records. $99. Grades 9-12.

Contents: Stress (normal, beneficial stress levels distinguished from overload; psychosomatic illness, "Type A" personality, coping mechanisms); Conformity (how to achieve healthy level of conformity); Aggression (is its cause genetic or social?; displaced aggression and aggression turned against self); Attraction (need to belong and to love).

63. PSYCHOLOGY: THE STUDY OF HUMAN BEHAVIOR. Guidance Associates. 1978. 2 FS and cassettes or records. 80-89 frames, 15-19 min. each. $59.50. Grades 9-12. Recommended by *Booklist* 7/15/79.

Contents: Methods and objectives (introduction of important terms and concepts); Basic processes (sensation, perception, learning, motivation, emotion, development, personality explained with emphasis on Freud and Piaget).

64. PSYCHOSOMATIC DISORDERS. Human Relations Media. 1978. 3 FS and cassettes. 67-71 frames, 12-13 min. each. $90. Grades 9-12. Recommended by *Booklist* 2/1/79, *Previews* 5/79.

Contents: What psychosomatic means (psychosomatic illnesses are very real; they include hypertension, anorexia nervosa, migraine, and others); Causes and symptoms (fear, anger and anxiety cause such illness in some persons); Mind over matter (anticipate stress situations and learn to cope to prevent illness; forms of treatment).

65. RELATING: THE ART OF HUMAN INTERACTION. Sunburst. 1977. 2 FS and cassettes or records. 73-75 frames, 11-12 min. each. $60. Grades 7-12. Recommended by *Previews* 11/78, *Media and Methods* 4/78 ("year's best"), *Booklist* 7/15/78.

Contents: Impressions (images projected voluntar-

ily or involuntarily through appearance, speech, body language are interpreted by others in accordance with their own personalities); Communicating (open vs. manipulative relationships). Self-awareness and acceptance of self and others are promoted.

66. SEARCH FOR SELF IN LITERATURE. Guidance Associates. 1976. 2 FS and cassettes or records. 78-85 frames, 14 min. each. $59.50. Grades 7-12. (Themes in Literature series.) Recommended by *Previews* 4/77 ("best of year").

Contents: The undiscovered continent; Growing up. Selections from classics of world literature and living writers and singers illustrate uniqueness of each individual.

67. SHYNESS: REASONS AND REMEDIES. Sunburst. 1975. 2 FS and cassettes or records. 72-77 frames, 12-13 min. each. $60. Grades 7-12. Recommended by *Previews* 9/76, *Booklist* 4/1/76.

Contents: Understanding shyness (it's a common problem); Living with shyness (assurance that shyness will ease after adolescence, plus techniques for overcoming).

68. STRESS, SANITY AND SURVIVAL. Current Affairs. 1978. 1 FS and cassette. 74 frames, 19 min. $24. Grades 7-12. Recommended by *Previews* 3/79, *Booklist* 7/15/78.

Physical responses to stress (adrenalin and cortisone production). Stress as a cause of physical and mental illness. Coping mechanisms, including avoidance, and therapy, including exercise and meditation.

69. STRESS: THE TIME BOMB WITHIN. Audio Visual Narrative Arts. 1977. 4 FS and cassettes or records. 70-80 frames, 11-13 min. each. $95 ($103 with cassettes). Grades 11-12.

Contents: Seeds of self-destruction; Enemy in the mirror; Body's early warning system; Counterattack (relaxation, diet, exercise, change in attitude and life style).

70. SUICIDE: CAUSES AND PREVENTION. Human Relations Media. 1976. 2 FS and cassettes or records. 93-96 frames, 15 min. each. $60 (slides $135). Grades 8-12. Recommended by *Booklist* 6/1/77, *Previews* 11/77.

Contents: Causes (theories of Durkheim, Freud, Menninger; statistics); Prevention (charactristics of suicidal personality, warning signals).

71. TIME-LIFE SUCCESS SERIES. Time-Life. 1976. 4 FS and cassettes or records. 71-83 frames, 12-16 min. each. $96. Grades 10-12. Recommended by *Booklist* 7/1/77.

Contents: The American idea of success; The psychology of success; Speaking of success; Success in other cultures.

72. TODAY'S FAMILY: A CHANGING CONCEPT. Current Affairs. 1977. 1 FS and cassette. 74 frames, 16 min. $24. Grades 9-12. Recommended by *Booklist* 4/1/78, *Forecast for Home Economics* May-June 1978.

The family of the past, primarily an economic unit, contrasted with today's fluid pattern and acceptance of single parenthood, divorce, easy mobility in a non-judgmental manner.

73. THE UNIVERSE OF THE MIND. Adrian Vance Productions. 1977. 1 FS and cassette. $20. Grades 6-9. (You in the Universe series.) Recommended by *Booklist* 2/1/78, *Previews* 2/77.

Brain functions, including dreaming.

74. VIOLENCE IN THE FAMILY. Human Relations Media. 1978. 4 FS and cassettes or records. 65-74 frames, 10-12 min. each. $135 (slides $195). Grades 9-12. Recommended by *Booklist* 4/1/79.

Contents: Dynamics of family violence (extent, relationship to discipline, intimacy, social values); Child abuse and neglect (causation in parents, effects on children); Battered wives; Adolescent abuse (teenage prostitution, runaways). "Tasteful and sensitive" (*Booklist*) with emphasis on dealing with problems.

WH T IF A CRISIS HITS YOUR FAMILY (161)

75. WHO'S OK, WHO'S NOT OK: AN INTRODUCTION TO ABNORMAL PSYCHOLOGY. Human Relations Media. 1976. 3 FS and cassettes or records. 67-77 frames, 12-14 min. each. $90 (slides $124.50). Grades 9-12. Recommended by *Booklist* 7/1/77, *Previews* 1/78, *Media and Methods* 4/77 ("best of year").

Contents: Abnormal vs. normal (no hard-and-fast line between them); Neurotic behavior (anxiety, phobias, depression, compulsions, etc.); Psychotic behavior (schizophrenia, paranoia, manic-depression, etc.).

76. WHY WE DO WHAT WE DO: HUMAN MOTIVATION. Human Relations Media. 1977. 3 FS and cassettes or records. 61-70 frames, 11-12 min. each. $90 (slides $175). Grades 7-12. Recommended by *Booklist* 5/1/78, *Media and Methods* 4/78 ("year's best").

Contents: Physiological drives (hunger, thirst, sleep, dreams, sex, avoidance of pain); Psychological drives (Freud's theory of the unconscious, cognitive theories, Maslow); Learned drives (fear, aggression, success, failure, etc., and their origins in childhood). "A clear outline" (*Booklist*).

SLIDES

[It should be noted that producers charge almost twice as much for slide sets as for the identical content in a filmstrip format. Because of their relatively high price only one commercial set is noted in this section, with additional references to sets also available in filmstrip format.]

Low-cost

77. CHANGING MYTHS: GIVE MENTAL HEALTH A CHANCE. Mental Health Media Center. n.d. 76 slides and cassette. 14 min. $3.

Attempt to dispel stigma attached to mental illness by explaining treatment, particularly

through community mental health services. Produced by Pfizer Laboratories.

* * *

BIOFEEDBACK (43)

CHANGING HUMAN BEHAVIOR (45)

LEFT BRAIN/RIGHT BRAIN (55)

MASKS: HOW WE HIDE OUR EMOTIONS (57)

78. PSYCHOBIOLOGY: THE BRAIN AND BEHAVIOR. Science and Mankind. 1977. 160 slides, 2 cassettes or records. 16 min. each. $124.50. Grades 9-12. Recommended by *Booklist* 3/1/78, *Previews* 3/78.

Contents: Part I (functions of nervous system and various portions of brain); Part II (research in relation of parts of brain to specific behavior and character traits).

SUICIDE: CAUSES AND PREVENTION (70)

VIOLENCE IN THE FAMILY (74)

WHO'S OK, WHO'S NOT OK (75)

WHY WE DO WHAT WE DO (76)

Games and Simulations

79. CRYPTOGRAPHIC PSYCHOLOGY PUZZLES. Multimedia Productions. 1979. 10 puzzles on black-line masters. $5.

Introduction to major names, writings, terms and concepts in academic psychology.

80. CYCLE. Interact. 1973. 35 student guides, teacher's guide. $15. Grades 10-12.

Three weeks' unit using seminar groups, case study analysis, personal interviews, role playing and de-briefing to study Erikson's 8 life stages.

81. IDENTITY. Interact. 1975. 35 student guides, teacher's guide. $15. Grades 10-12.

Three weeks' unit using case analysis, construction of imaginary case study, self-analysis by means of a journal, analysis of literary characters employing Erik Erikson's 7 areas of adolescent identity crisis: time, self-image, role-experimentation, work, sex, involvement, and values. End result is each student's own identity chart.

82. LOVE. Interact. n.d. $5.

Individual learning project involving reading, interviews, observations, writing, role-playing, class presentation and de-briefing, testing of other class members.

83. PSYCHOLOGICAL DEFENSE GAME. Simulation/Gaming, Vol. 3, No. 1, 1976. 50 cards. $1. Grades 10-12.

Three to six players draw cards describing situations that call for defense mechanisms and choose which of ten types of mechanisms is involved. Points awarded for convincing group of correctness of classification. Modeled on Propaganda Game.

84. RIGHT BRAIN/LEFT BRAIN. Interact. n.d. $5.

Individualized unit involving reading, interviewing, observations, writing, role-playing, class presentation and de-briefing and testing to study and make use of current research on nature of right and left brain hemispheres.

Books

[See also 226-267 (pamphlets). Additional titles are suggested in the bibliographies noted under professional resources (beginning at 200).]

85. AMERICA'S RUNAWAYS. Christine Chapman. Morrow. 1976. $8.95.

BLOWFISH LIVE IN THE SEA (177)

86. BRAINWASHING AND OTHER FORMS OF MIND CONTROL. Margaret O. Hyde. McGraw-Hill. 1977. $6.84. Grades 7-12. Recommended by *Booklist* 6/15/77, *School Library Journal* 3/78.

Its methods and morality.

CAN I HELP HOW I FEEL? (178)

87. CAREER CHOICES IN PSYCHOLOGY. Sarah Splaver. Messner. 1976. 180 pp. $7.29.

Work in counseling, personnel, advertising, teaching, and medicine.

88. CONSUMER'S HANDBOOK TO MENTAL HEALTH. Brian Mishara and Robert Patterson. New American Library. 1979. $2.25.

THE DREAM BOOK (179)

DREAMS (180)

89. DREAMS, VISIONS AND DRUGS: A SEARCH FOR OTHER REALITIES. Daniel Cohen. Watts. 1976. $6.90. Grades 7-12. Recommended by *Booklist* 5/1/76, *School Library Journal* 9/76.

Altered states of consciousness.

90. FEARS AND PHOBIAS. Margaret O. Hyde. McGraw-Hill. 1977. $5.72. Grades 9-12. Recommended by *Booklist* 12/15/77, *School Library Journal* 2/78.

Fear serves a function in humans and animals.

FIRST BOOK OF MENTAL RETARDATION (183)

(GEORGE) (184)

91. THE GOOD LIFE: MODELS FOR A HEALTHY PERSONALITY. Nicholas Di Caprio. Prentice-Hall. 1976. $3.95.

Constructs of Freud, Jung, Erikson, Adler, Horney, Rogers, Maslow, Fromm, Skinner and others.

92. A GUIDE TO PSYCHOLOGISTS AND THEIR CONCEPTS. Vernon J. Nordby and Calvin S. Hall. Freeman. 1974. $3.95.

Brief biographies of forty-two leading psychologists with summaries of their teachings.

93. HELP. Jane Marks. Messner. 1976. $7.79. Grades 7-12. Recommended by *Booklist* 12/15/76, *School Library Journal* 1/77.

A guide to individual and group therapy and counseling.

HYPNOSIS (188)

94. I NEVER PROMISED YOU A ROSE GARDEN. Hannah Green. New American Library. 1977. $1.75. Grades 8-12.

Autobiographical story of 15-year-old girl committed to mental hospital after suicide attempt, her withdrawal into imaginary world and eventual return to reality.

95. IS THAT YOU, MISS BLUE? M. E. Kerr. Dell. 1976. $1.25. Grades 7-10.

An eccentric teacher at a girls' boarding school turns out not to be the only person with peculiarities.

96. KNOW YOUR FEELINGS. Margaret O. Hyde. Watts. 1975. $6.90. Grades 6-9. Recommended by *School Library Journal* 4/75.

Love, fear, anger, aggression, depression, happiness, unhappiness and how to cope with each.

MECHANICS OF THE MIND (214)

97. MIND AND SUPERMIND. Albert Rosenfeld. Holt. 1977. $6.57. Grades 9-12. Recommended by *Booklist* 9/15/77, *School Library Journal* 12/77.

Articles from Saturday Review summarizing knowledge of the mind's functions.

MINDSTYLES/LIFESTYLES (217)

98. OPPORTUNITIES IN PSYCHIATRY. Fenton Keyes. National Textbook. 1977. $3.95. Grades 9-12.

Career information.

99. OPPORTUNITIES IN PSYCHOLOGY CAREERS TODAY. Donald and Charles Super. National Textbook. 1976. $4.95.

Career information.

A PARTNERSHIP OF MIND AND BODY (193)

100. PSYCHIATRY: WHAT IT IS, WHAT IT DOES; A BOOK FOR YOUNG PEOPLE. Francine Klagsbrun. Watts. 1969. $3.90. Grades 6-10.

Case histories of emotionally disturbed children as they proceed through therapy, with additional background material on mind and the emotions, the unconscious, and defense mechanisms.

SHADOW IN THE SUN (196)

101. TEENAGERS AND THEIR HANGUPS. Paul Gelinas. Richards Rosen. 1975. $4.98. Grades 9-12. Recommended by *School Library Journal* 2/76.

Advice by a clinical psychologist on hates, fears, sex, social acceptance.

THREE OF A KIND (198)

102. THEATER OF THE NIGHT. S. Carl Hirsch. Rand McNally. 1976. $6.79. Grades 7-12. Recommended by *Booklist* 2/15/77, *School Library Journal* 2/77.

Summary of present knowledge of dreams.

103. YOU AND YOUR FEELINGS. Eda LeShan. Macmillan. 1975. $3.93. Grades 6-12. Recommended by *Booklist* 6/15/75.

Teenage guide to dealing with problems common to that age.

TEXTBOOKS

104. HERE'S PSYCHOLOGY. D. Watson. Ginn 1977. 432 pp. $8.75. Grades 9-12.

105. HUMAN BEHAVIOR. Bernard Berelson. Harcourt Brace. n.d. $2. Grade 12.

106. HUMAN PSYCHOLOGY. D. Kuhn. Harcourt Brace. 1975. 574 pp. $9.30. Grades 9-12.

Sections on Development, Learning, Social Interaction also available separately.

107. MASCULINITY AND FEMININITY. Benjamin Miller. Houghton Mifflin. 1976. $3.57. Grades 7-12.

108. PSYCHOLOGY. Lindzey. Worth. 1978. Price not known. Grade 12.

109. PSYCHOLOGY: AN EXAMINATION OF HUMAN AWARENESS AND SELF CONCEPT. Doris M. Paine. Bantam. n.d. $1.

110. PSYCHOLOGY: AN INTRODUCTION. Mussen. Heath. 1977. $11.96. Grades 11-12.

111. PSYCHOLOGY AND HUMAN EXPERIENCE. John H. Brennecke. Glencoe. 1978. $8.95. Grade 12.

112. PSYCHOLOGY FOR LIVING. Garle A. Forehand. McGraw. 1977. $8.40. Grades 10-12.

113. PSYCHOLOGY OF HUMAN BEHAVIOR. Richard A. Kalish. Brooks-Cole. 1977. $11.95. Grades 10-12.

114. PSYCHOLOGY: UNDERSTANDING OURSELVES AND OTHERS. Tellent. ABC. 1977. $10.64. Grades 10-12.

115. REFLECTIONS ON RELATIONSHIPS. Prentice-Hall. 1977. $2.97. Grades 9-12.

116. UNDERSTANDING HUMAN BEHAVIOR. McConnell. Holt Rinehart. 1977. $11.16. Grades 11-12.

117. YOUR SELF AND OTHERS. David Klein. McDougal-Littell. n.d. $4.60. Grades 10-12.

118. YOUR SELF: AN INTRODUCTION TO PSYCHOLOGY. M. S. Grace and others. Hart Publishing. 1976. 781 pp. $7.95.

Human development, intellectual and moral growth,

coping with stress, behavior modification and other topics presented and illustrated with selections from literature and students' autobiographical insights.

II. ELEMENTARY

Films

[Prices shown are for purchase/rental from producer. Rental fees from film libraries may be lower.]

Free-loan

WHAT WILL I DO WITH MY TIME? (3)

* * *

119. ALONE IN THE FAMILY. Films Inc. 1977. 8 min. $115/$20; video $95. Grades 1-6. Recommended by Mental Health Materials Center. (The Best of *Zoom* series.)

Children's needs for being alone, for companionship, and for developing self-awareness demonst-ated in vignettes of two children, one growing up in a large rural family, the other in a fatherless inner-city family.

120. ANGEL AND BIG JOE. LCA. 1975. 27 min. $355/$30. Grades 5-12. (Learning to Be Human series.) Numerous awards.

Young migrant worker must make decision between helping family and making future for himself.

121. ANGER AND HOW TO COPE. Malibu. 1977. 15 min. $225/$20. Grades 5-8. Recommended by Mental Health Media Center.

Vignettes demonstrating how anger can be dealt with positively (work, exercise, hobbies, talking) or negatively (aggression).

122. FIRST IT SEEMED KINDA STRANGE. Films Inc. 1974. 7 min. $115/$20; video $95. Grades 6-12. Recommended by Mental Health Materials Center, *Sightlines* Spring 1978. (The Best of *Zoom* series.)

Eleven-year-old boy's adjustment to living with mother, vacationing with father.

FRUSTRATION/AGGRESSION: IT'S NOT FAIR (8)

123. GET USED TO ME. Media Guild. 1977. 16 min. $224/$16. Grades 3-7. Recommended by *Instructor* 12/78, *Previews* 2/78, *Booklist* 7/15/77, Golden Eagle award.

Girl who is ridiculed by her classmates for her father's occupation (he's a garbageman) learns to like and assert herself and finally gains classmates' acceptance. "Effective" (*Booklist*).

124. HIDE 'N' SEEK. Counterpoint. 1977. 30 min. $395. Grades 7-12. Recommended by *Sightlines* Spring 1978.

13-year-old boy's jealousy of his mother's new male friend, his frienship with a boy who is a loner and teased by his peers, and relationship to his mother are the themes of this "superb and winning" (*Sightlines*) film.

125. HOW ABOUT SATURDAY? MTI Teleprograms. 1979. 20 min. $360/$50. Also in video (same price). Grades 4-8.

Ten-year-old girl expresses anger, guilt, frustration, helplessness and confusion at news of parents' divorce.

126. I'M FEELING ALONE. Churchill. 1976. 8 min. $125/$15. Grades 4-6. Recommended by Mental Health Materials Center.

Children shown experiencing loneliness, insecurity and other feelings.

INSIDE/OUT (141)

127. IS IT OKAY TO BE ME? Pyramid. 1977. 6 min. $120/$15. Grades 3-6. (Who We Are series.) Recommended by *Previews* 11/78, *Science Books and Films* 5/79 (highly recommended).

Accept, do not prejudge others who are different.

128. IT'S HARDER FOR PATRICK. Films Inc. 1978. 7 min. $100/$20; video $80. Grades 3-8. (The Best of *Zoom* series.) Recommended by Mental Health Materials Center.

Older brother and sister react to younger brother's retardation with understanding and some resentment.

129. JANKO. Bosustow. 1977. 7 min. $145/$15. Grades 4-6. Recommended by *Booklist* 3/1/78, *Landers* 1-2/78.

Animated dramatization of small child's coming to terms with the large size of everything around him. "Amusing short that will be appreciated by both short and tall viewers" (*Booklist*).

JERRY'S RESTAURANT (12)

130. LIFE IS WORTH SHARING. Bosustow. 1977. 10 min. $160/$15. Grades 3-12. Recommended by *Landers* 11-12/77.

Non-narrated animation, produced by 12-year-old French students, portraying two men living similar lives who finally meet and enjoy their new bond.

131. MAGIC CIRCLE CURRICULUM SERIES. Mass Media Ministries. 1975. 12 min. $175/$18. Grades 1-6. Recommended by Mental Health Materials Center.

Contents: Kids and conflicts (for teachers); The pinch (demonstration of role-playing angry feelings for primary ages); Bleacher feature (values discussion for upper elementary children).

132. ME: A SELF AWARENESS FILM. MTI Teleprograms. 1979. 10 min. $185/$35. Grades K-3. Recommended by *Booklist* 7/15/79.

Close-ups, mime, animation and songs blended into positive statement about the need for individuality, open expression of feelings, using all senses and observing the golden rule. "Avoids oversentimentality" (*Booklist*).

133. MOST IMPORTANT PERSON (series). Encyclopedia Britannica. 1973. 50 4-min. films. $64 each. Grades K-2. Recommended by Mental Health Materials Center.

Contents: Identity (also with Spanish soundtrack); Getting along with others; Senses; Feelings; Attitudes (also with Spanish soundtrack); others.

134. NOW I AM BIGGER. Barr. 1976. 10 min. $145/$15. Grades K-2. Recommended by Mental Health Materials Center, *Learning* 12/76.

Shows infants and young children growing in size and independence under protection and guidance of adults.

135. A PLACE FOR AUNT LOIS. Wombat. 1973. 17 min. $225/$22.50. Grades 3-12. Recommended by Mental Health Materials Center, *Sightlines* Spring 1978.

Nine-year-old girls wonder why a favorite aunt becomes an object of pity after her divorce.

THE ROAD TO CHARLIE (21)

RUNAWAYS (23)

SELF-INCORPORATED (35)

TEENAGERS TALK: GETTING THROUGH ADOLESCENCE (27)

136. WHAT MAKES ME DIFFERENT? Pyramid. 1977. 9 min. $160/$15; video $140. Grades 2-6. (Who We Are series.) Recommended by *Booklist* 2/1/78, *Previews* 3/78, *Science Books and Films* 5/79.

Physical basis for differences in hair type, voice, body odor and other personal characteristics.

137. WHO ARE WE, UNIT 1. Coronet. 1977. 5 films, 3-4 min. each. $325. Grades 1-5. Recommended by *Booklist* 5/1/78.

Contents: Body talk; Hands and feet; Summertime/wintertime; Talking; Touching. Non-verbal aids to heighten body awareness.

138. WHO DO YOU TELL? MTI Teleprograms. 1979. 11 min. $195/$25; also in video (same price). Grades 2-6. Recommended by Educational Film Library Association.

Animations and live footage tell children what to do and whom to turn to in threatening situations -- being lost, fire, child abuse, sexual abuse.

Video Recordings

[Recordings of instructional television series and 16mm films available in video formats. Distributor should be contacted for availability of specific formats and for rental or leasing arrangements. Watch for rebroadcasts of series on local educational channels.]

139. ALL ABOUT YOU. Agency for Instructional Television. 1974. 30 15-min. programs. $110 each. Grades 1-2.

Series about human physiology, growth and health. Applicable segments are: What keeps you alive? (love, experiencing emotions and using one's senses needed to feel alive); Everybody is afraid sometimes (real and imagined fears); What are families for? (animal and human families depend on and help each other); Everybody needs a friend (real-life friends are better than imaginary ones).

THE BEST OF ZOOM (ALONE IN THE FAMILY (119), FIRST IT SEEMED KINDA STRANGE (122), IT'S HARDER FOR PATRICK (128))

140. THE CLYDE FROG SHOW. Great Plains National Instructional Television. 1978. 10 15-minute programs. $140/$25. Grades K-3.

Contents: Big and little, what am I good at?, boys are supposed to...girls are supposed to; It hurts to be left out, what's so funny?, being scared; Clyde stays up late, Dr. Frog's birthday present, sincere camera; All by myself, keeping up with your stuff, cooperating; Look what I can do!, can't do it yet, worrying; Friends, doing things right, Clyde's dinner party; Making decisions, doing what you think is right, why am I punished?; Suzy's test, Max's story, Mrs. Mulch's story; When your friend moves away, end-of-the-year blues, Clyde's favorite toy; Putting it all together (summary and conclusion. Animated dramatizations to promote understanding and acceptance of self, decision-making. Produced by Mississippi Authority for Educational Television.

HOW ABOUT SATURDAY? (125)

141. INSIDE/OUT. Agency for Instructional Television. 1973. 30 15-min. programs. $125 (film $180). Grades 3-5. Recommended by Mental Health Materials Center ("superb"), awards.

Contents: Because it's fun (play for fun, not just to win); How do you show? (individuals express or hide feelings); Strong feelings (fear, love, embarrassment, confusion can have physical effects); Must I/may I (accept responsibility in dealing with various situations); Travelin' shoes (family move from rural to urban environment); Just joking (pranks on others can backfire); But ...names will never hurt? (name-calling can hurt); Home sweet home (runaways from overly strict and abusive homes); Jeff's company (value of solitude); Buy and buy (spending decisions); Can I help? (really helping is more difficult than pretending to); Living with love (foster home); Can do/can't do (girl wishes she were someone else); Breakup (ten-year-old girl whose parents are separated wonders if she may have caused the breakup and would do anything in the world to have her parents together again; black-and-white footage used for actual events and their attendant tensions, color for fantasy sequences); Love, Susan (father's disinterest in child's art work); Brothers and sisters (brother neglects promise made to sister); Someone special (frustration at not being singled out by teacher); I want to (girl imagines she is old enough to take on more responsibility); When is help (giving and receiving help); Bully (new boy, a good student, becomes target); But they might laugh (fear of failure at ice skating); Lost is a feeling (boy just arrived from Puerto Rico); Donna, learning to be yourself (blind girl learns independence and self-worth); You belong (visual essay on human beings and their surroundings); Just one place (thoughtless destruction of inner-

city garden plot); In my memory (grandmother's death); I dare you (girl decides whether to take potentially dangerous dare to be accepted by gang); Yes, I can (nine-year-old on solo overnight at summer camp); A sense of joy (leisurely walk reveals much to see, hear, and feel); Getting even (children left out of secret club try to get even). Black-and-white occasionally used to portray tensions. For companion book see 197.

142. REBOP. Public Television Library. 1976-77. 26 29-min. programs. Inquire for price. Grades 2-8.

Magazine style programs, each consisting of several vignettes showing children of various ethnic groups meeting new or challenging situations in school, at home, etc. Childhood hopes and frustrations are explored and the development of self-worth stressed.

SELF-INCORPORATED (35)

WHAT MAKES ME DIFFERENT? (136)

WHO DO YOU TELL? (138)

Filmstrips, Slides, Kits

ADOLESCENT CONFLICT (40)

AMERICAN MAN (41)

143. BEING GOOD -- BEING BAD. Learning Tree. 1976. 4 FS and cassettes. 46-62 frames, 8-9 min. each. $62; $18 each. Grades 1-5. Recommended by *Previews* 9/77, *Booklist* 10/15/77.

Contents: Hey, you're good at that; It's not bad to be mad; The "who" they think is you; It could be them, not you. Open-ended, non-sexist and multi-racial discussion starters.

144. BEING YOU. Learning Tree. 1976. 4 FS and cassettes. 37-49 frames, 6-8 min. each. $62; $18 each. Grades 2-5. Recommended by *Previews* 11/77.

Contents: Your wonderful body (structure and function); Your very own feelings (individuals deal differently with anger, joy, etc.); Liking yourself (everyone makes mistakes); Your special place (each individual is unique).

BROTHERS, SISTERS, FEELINGS AND YOU (44)

COURAGE TO BE ME (47)

145. THE HATING BOOK. Guidance. 1976. 1 FS and cassette or record, 4 books. 42 frames. $32.50. (Mediabook series.) Grades K-4. Recommended by *Previews* 10/76, 4/77 ("year's best").

Young girl's resentment of her best friend is caused by misunderstandings that are easily resolved by talking about them. Story by Charlotte Zolotow.

146. HEALTHY FEELINGS SERIES. BFA. 1976. 4 FS and cassettes or records. 51-58 frames, 8-10 min. each. $70. Grades 5-6. Recommended by Elementary School Library Collection.

Contents: Feelings: ours and others; Feelings are made; Feelings: what we do; Feeling good. Self-awareness, identifying own and others' feelings, and restructuring to produce positive feelings are stressed.

147. HOW HAPPINESS BECAME ME. January. 1975. 1 FS. 46 frames, 6 min. $14.95. (Feeling Fine series.) Grades K-3. Recommended by *Previews* 5/76, 4/77 ("year's best"), *Children's House* Winter 1978.

Take-off on The Wizard of Oz with the theme that fear, sadness and anger are all common and acceptable feelings.

148. HOW WE GROW. BFA. 1975. 4 FS and cassettes or records. 65-76 frames, 8-9 min. each. $85. Grades 5-8. Recommended by Elementary School Library Collection, *Booklist* 3/15/76.

Contents: Physical growth; Mental growth; Emotional growth; Social growth. Dramatizations of normal developmental patterns in adolescence.

149. IF IT WEREN'T FOR YOU. Guidance. 1976. 1 FS and cassette or record, 4 books, puppets. 63 frames, 10 min. $32.50. (Media books series.) Grades K-4. Recommended by *Previews* 10/76.

Boy finds resented younger brother is acceptable after all. Story by Charlotte Zolotow.

150. IS THERE ANYBODY ELSE LIKE ME? Centron. 1976. 3 FS and cassettes. 57-76 frames, 7-8 min. each. $49.50. Grades K-2. Recommended by Elementary School Library Collection.

Contents: Nobody likes Irene (initiative needed to make friends); Everybody laughs at Vincent (tease who is afraid of being teased); Odd world of Frankie Blip (adults are difficult for children to understand).

151. IT'S OK FOR ME: IT'S OK FOR YOU. Paramount. 1975. 4 FS and cassettes. 49-61 frames, 7-8 min. each. $78. Grades 2-5. Recommended by *Previews* 9/76. Available in Spanish.

Contents: It's OK to be angry; It's OK to make mistakes; If it's OK for me, it's OK for others; What would you do? Acceptance of the range of normal feelings in self and others through child-narrated presentations. The last strip, narrated by an adult, presents open-ended situations for problem solving and discussion.

152. KNOWING ME, KNOWING YOU. Coronet. 1978. 4 FS and cassettes or records. 51-58 frames, 10-11 min. each. $75; $22 each. Grades K-3.

Contents: The I feel game; The you feel game; The no blame game; The I want-you want game. Demonstrations of games designed to develop positive self-images and social sensitivity. Recognition of feelings and action-taking resolution of conflicts are promoted.

153. LEARNING ABOUT ME. Paramount. 1975. 4 FS and cassettes. 42-54 frames, 10 min. each. $78. Grades 2-4. Recommended by *Previews* 9/76. Available in Spanish.

Contents: How I know (role of senses); How I feel (recognize common emotions); Why I do what I do

(knowledge and emotions motivate behavior); What kind of me do I want to be? (take action).

154. LEARNING ABOUT YOURSELF. Guidance. 1976. 3 FS and cassettes or records. 68-77 frames, 12-13 min. each. $68.50. Grades K-3. Recommended by Elementary School Library Collection.

Contents: Day at the Zoo (how to deal with anger); Going on a hike (pride in accomplishment); Ernie learns to skate (deal with fear of failure).

155. LEARNING TO COPE AND GROW. Pathescope. 1977. 3 sets of 2-3 filmstrips and cassettes each. 54-75 frames, 7-11 min. each. $150/$50-$75 each set. Grades 5-9.

Contents: Facing your feelings: inferiority, fear and anxiety, anger; Looking at yourself and others: knowing yourself, understanding others; Meaning in your life: values, achieving your goals. Boys and girls of various races dramatize problem situations and work them through.

156. MY FEELINGS COUNT. Encyclopedia Britannica. 1976. 4 captioned FS. 33-43 frames each. $32.90; $10 each. Grades K-4. Recommended by *Booklist* 4/15/77. (Developing language skills.)

Contents: I wonder; The me I like; When things go wrong; When I feel afraid. Intended for vocabulary development through discussion of emotions such as happiness, anger, loneliness in free and open atmosphere.

MY PARENTS ARE GETTING A DIVORCE (60)

RELATING: THE ART OF HUMAN INTERACTION (65)

SEARCH FOR SELF (66)

SHYNESS (67)

157. SO YOU DIDN'T GET YOUR WAY: ANGER. Sunburst. 1977. 3 FS and cassettes or records. 61-85 frames, 6-11 min. each. $65. Grades 4-6. Recommended by *Learning* 12/78 ("year's best"), *Previews* 5/79.

Contents: Anger is part of everybody's life (causes, effects, positive and negative ways of working it out); Angry at authority (conflict between camper and counselor); Angry at your friends (friends fail to support boy, causing anger and rage on his part). Open-ended.

158. SO YOU DIDN'T GET YOUR WAY: FEAR. Sunburst. 1977. 3 FS and cassettes or records. 85-93 frames, 10-11 min. each. $65. Grades 4-6. Recommended by *Learning* 12/78 ("year's best"), *Previews* 4/79.

Contents: Everyone faces fear (causes and responses); Afraid of authority (fear of punishment and guilt-induced behavior); Afraid to speak up (need to assert oneself among peers).

159. SONGSTORIES: WHAT MAKES ME THE ONLY ME? Encyclopedia Britannica. 1975. 4 FS and cassettes or records. 69-93 frames, 7-8 min. each. $57.95; $17 each. Grades K-3. Recommended by Elementary School Library Collection, *Booklist* 3/15/77, *Previews* 4/77.

Contents: What makes me the only me (physical characteristics, home backgrounds, feelings and thoughts vary among children); People I know (family, friends, community workers; each person's unique contribution); My favorite place (a place to be alone or with others); A holiday is a special day (days special to each individual). Songs by children's chorus. "Technically polished" (*Booklist*).

STRESS, SANITY AND SURVIVAL (69)

160. UNDERSTANDING YOUR FEELINGS. Learning Tree. 1976. 4 FS and 2 cassettes. 37-48 frames, 5-9 min. each. $55; $30 each set of 2. Grades K-4. Recommended by *Booklist* 1/1/77.

Contents: What is an emotion?; Emotions and their many faces (examples); Everyone's felt like that (all experience emotions but react differently); Living with emotions (how to cope with own and others' bad days).

UNIVERSE AND THE MIND (73)

161. WHAT IF A CRISIS HITS YOUR FAMILY. Eyegate. 1976. 6 FS and cassettes. 46-58 frames, 6-8 min. each. $82.50; $19.25 each. Grades 3-6. Recommended by *Booklist* 3/15/77, Elementary School Library Collection.

Contents: My parents are divorced; Shifting relationships: that new baby; Mom is in the hospital; When dad lost his job; We're moving; Since mom died. "Candid" (*Booklist*). Believable situations believably presented.

WHY WE DO WHAT WE DO (76)

162. WINNING AND LOSING. Troll. 1976. 4 FS and cassettes. 45-52 frames, 5-7 min. each. $56. Grades 4-6. Recommended by *Previews* 9/77, Elementary School Library Collection.

Contents: Why we compete; Any number can play; Winners and losers; It's only a game. Competition against oneself and others, good and bad features of competition, learning how to lose, shown in non-sexist, multi-racial school and non-school settings.

163. YOU AND ME AND OUR WORLD. Miller Brody. 1976. 20 slides, 3 cassettes or records. 15-20 min. each. $28 ($34 with records). Grades K-2. Recommended by *Booklist* 1/15/77.

Contents: You; The world of plants; The world of animals; The world we live in; Alive but different; What makes things change. "Combines excellent visuals and lively music to help children understand...concepts about themselves, their families, their feelings, and their environment" (*Booklist*).

Audio Recordings

164. EVERYBODY CRIES SOMETIMES. Educational Activities. 1975. 1 record. $6.25. Grades K-3.

165. I HAVE A FRIEND IN YOU. Wise Owl. n.d. 1 record or cassette. $6.95 ($8.95 with activity book).

Importance of friendliness, including across racial lines.

IDENTITY 3 SERIES (191)

166. WHO AM IT? Wise Owl. 1978. 1 record or cassette. $6.95 ($8.95 with activity book).

Graphic and Manipulative Materials

Free or free-loan

168. ME, MYSELF AND I: HOW PRESCHOOLERS SEE THEMSELVES. J. C. Penney. 1973. Pictures, records, puppets, flannel board pieces. Grades K-1.

Intended to develop positive self-images.

169. SUPER ME, SUPER YO. National Clearinghouse for Drug Abuse Information. n.d. 25 workbooks. English-Spanish.

Self-image, understanding and expression of feelings, realistic decision-making are promoted.

* * *

170. CHILDREN OF DIVORCE. Documentary Photo Aids. 12 black-and-white photographs. $8.

Reasons for high divorce rate, children's problems in living with single parent, including loneliness, anger, need to assess guilt.

FEELINGS (181)

FEELINGS BETWEEN FRIENDS (182)

171. HOW DO I FEEL? Shorewood. 1974. 12 art prints, 22x27". $35 ($50 mounted). Grades K-5. Recommended by Elementary School Library Collection.

Paintings by Winslow Homer, Picasso, Andrew Wyeth, and others, illustrating various emotions.

I FEEL (189)

172. LEARNING ABOUT HUMAN RELATIONSHIPS. David C. Cook. 16 black-and-white photographs, 12x17". $6.60. Grades K-6.

Contents: Behavior; Peers; Communication; Running scared; Defiance; Acceptance; Helpfulness; Fair play; Self-reliance; Friends; Cooperation; The gang; Leaders; Followers; I dare you; others.

173. MOODS AND EMOTIONS. David C. Cook. 16 black-and-white photographs, 12x17". $6.60. Grades K-3.

Contents: Love; Tenderness; Friendship; Joy; Fun; Anger; Fear; Sorrow; Despair; Loneliness; Curiosity; Fascination; Thoughtfulness; Satisfaction; Frustration; Protectiveness.

174. PEOPLE PUPPETS AND SCRIPTS. Developmental Learning Materials. 4 puppets, 9x4-1/2", 12 scripts. $18. Grades K-2.

Velcro facial features give black or white puppets expressions suitable to various emotions or situations and facilitate acting out of stories dealing with fears, death, getting lost, etc.

Books

[Additional titles are suggested in the bibliographies noted under professional resources (beginning at 200).]

175. ARE WE STILL BEST FRIENDS? Carol Barkin. Childrens Press. 1975. $7.33. Grades K-2. Recommended by Elementary School Library Collection.

176. THE BEARS' HOUSE. Marilyn Sachs. Doubleday. 1971. $4.95. Grades 4-7.

Ten-year-old girl has to assume household and child care responsibilities becuase of parents' mental illness.

177. BLOWFISH LIVE IN THE SEA. Paula Fox. Dell. 1975. 95¢. Grades 6-8.

Withdrawn 18-year-old boy after many years' separation finds his father -- who turns out to be severely alcoholic.

BRAINWASHING AND OTHER FORMS OF MIND CONTROL (86)

178. CAN I HELP HOW I FEEL? Carl and Dorothy Morrison. Atheneum. 1976. $4.59. Grades 5-9. Recommended by *Booklist* 1/1/77.

The answer is "yes" and the book suggests how.

179. THE DREAM BOOK. Olga Litowinsky and Bebe Willoughby. Coward, McCann. 1977. $5.25. Grades 5-9. Recommended by *Booklist* 3/1/78.

Dreams have a message. Suggestions for interpreting dreams.

180. DREAMS. Larry Kettelkamp. Morrow. 1968. $6. Grades 5-9. Recommended by Elementary School Library Collection.

Old beliefs, theories of Freud and Jung, and research on sleep and dreams are explored.

DREAMS, VISIONS AND DRUGS (89)

181. FEELINGS. Judy Dunn. Creative Educational Society. 1971. $4.95. Grades K-3. Recommended by Elementary School Library Collection.

Black-and-white photos of children expressing anger, fear, guilt, jealousy, sadness, etc., with minimal text.

182. FEELINGS BETWEEN FRIENDS. Marcia M. Conta. Childrens Press. 1974. 31 pp. $6.50. Grades K-3. Recommended by Elementary School Library Collection.

Fourteen brief stories, illustrated with color photographs, explore the meaning of friendship in various familiar situations.

183. FIRST BOOK OF MENTAL RETARDATION. Robert E. Dunbar. Watts. 1978. 72 pp. $4.90. Grades 4-8.

184. (GEORGE). Elaine Konigsburg. Atheneum. 1970. $1.25. Grades 6-9.

Story of sixth grade boy with dual personality and his treatment for schizophrenia, told in humorous vein.

185. GOOD AND BAD FEELINGS. Mark L. Stein. Morrow. 1976. $5.52. Grades 4-6. Recommended by *School Library Journal* 5/76.

How various emotions affect the body and the mind.

186. GUILTY BOOK. Barry and Velma Berkey. Denison. n.d. $4.95. Grades 4-8.

187. THE HATING BOOK. Charlotte Zolotow. Harper. 1969. $4.95.

How hatred can arise from misunderstanding. For filmstrip version see 145.

HELP (73)

188. HYPONOSIS -- THE WAKEFUL SLEEP. Larry Kettelkamp. Morrow. 1975. $5.21. Grades 5-9. Recommended by Elementary School Library Collection.

Its uses in various medical fields.

189. I FEEL. George Ancona. Dutton. 1977. $6.95. Grades K-1.

Photographs.

190. I WAS SO MAD. Norma Simon. Whitman. 1974. 40 pp. $4.50. Grades K-2. Recommended by Elementary School Library Collection.

Anger, humiliation and anxiety caused by parents, siblings, peers, school experiences.

191. IDENTITY 3 SERIES. Childrens Press. 1976. 4 books and cassettes. 9-12 min. each. $39.95. Grades 1-3. Recommended by *Booklist* 12/15/77.

Stressful home and school experiences such as moving, group pressures.

192. IF IT WEREN'T FOR YOU. Charlotte Zolotow. Harper. 1966. $5.95.

Rivalry with younger brother. For filmstrip version see 149.

KNOW YOUR FEELINGS (96)

193. A PARTNERSHIP OF MIND AND BODY: BIOFEEDBACK. Larry Kettelkamp. Morrow. 1976. 96 pp. $5.95. Grades 5-8.

194. SAM, BANGS AND MOONSHINE. Evaline Ness. Holt, Rinehart. 1966. $5.95. Grades K-2.

Child's fantasy world comes near causing trouble.

195. SCRAM, KID. Ann McGovern. Viking. 1974. $4.95. Grades K-1. Recommended by Elementary School Library Collection.

Boy is rejected by group playing ball but finds a friend after all.

196. SHADOW IN THE SUN. Bernice Brohskopf. Atheneum. 1975. $6.95. Grades 5-8. Recommended by Elementary School Library Collection.

Tension and conflict arising out of handicapped girl's frustrations.

197. STORIES FROM INSIDE/OUT. Bantam. n.d. $1.25.

THEATER OF THE NIGHT (102)

198. THREE OF A KIND. Louis D. Rich. Watts. 1970. $4.90. Grades 5-7.

Interaction between foster child, a grandchild with autistic characteristics, and a homeless kitten in a loving home.

199. WHAT EVERY KID SHOULD KNOW. Johnah Kalb and David Viscott. Houghton-Mifflin. 1976. $3.93. Grades 1-4. Recommended by Elementary School Library Collection.

About emotions, self-image, self-knowledge, divorce, and children's rights.

YOU AND YOUR FEELINGS (103)

III. PROFESSIONAL RESOURCES

Books and Periodicals

200. THE BOOKFINDER: A GUIDE TO CHILDREN'S LITERATURE ABOUT THE NEEDS AND PROBLEMS OF YOUTH AGED 2-15. Sharon S. Dreyer. American Guidance. 1977. $25.

Well-indexed analyses of over 1,000 books.

201. BOOKS TO HELP CHILDREN COPE WITH SEPARATION AND LOSS. Joanne E. Bernstein. Bowker. 1977. $13.95.

Over 1,400 books recommended for ages 3-16 and dealing with every form of emotional deprivation. Topical arrangement.

202. "The Children of Separation and Divorce". Edward A. Mason, MD. *Sightlines*, Spring 1978, pp. 15-19

Usage suggestions for 37 films.

203. CHILDREN'S BOOKS FOR TIMES OF STRESS: AN ANNOTATED BIBLIOGRAPHY. Ruth J. Gillis, Indiana University Press. 1978. 303 pp. $12.50.

Listings of 261 books, including many picture books, for ages 3 to 9, annotated in over 60 categories under the main headings of behavior, difficult situations, emotions, family, friendship, new situations, and self-concept. Permits easy access to books published 1932 to 1976 that deal with adoption, interracial adoption, overweight, only child, self-consciousness, name, size, quarreling, sharing, etc., etc.

204. "Children's Fiction Dealing with Self-Esteem". *Catholic Library World*, December 1977.

205. CHILDREN'S LITERATURE: AN ISSUES APPROACH. Masha K. Rudman. Heath. 1976. 403 pp. $6.95.

Numerous books mentioned in text as useful in helping children to deal with sibling rivalry, divorce, death, among other topics.

206. CHILDREN'S LITERATURE: SELECTED ESSAYS AND BIBLIOGRAPHIES. Anne S. MacLeod, ed. College of Library and Information Services, University of Maryland. 1977. 161 pp. $9.75.

"Mental illness", pp. 143-152.

207. COPING: BOOKS ABOUT YOUNG PEOPLE SURVIVING SPECIAL PROBLEMS. Mary D. Billings. US Office of Education. 1977. 14 pp. S/N 017-080-01783-1. ED 150 981.

Bibliography of books recommended by review journals on mental health (retardation, depression, suicide, drugs, feelings, etc.), family life (broken home, working parents, others), and physical handicaps for preschool and beginning readers, middle grades, and young adults.

208. CURRENT AUDIOVISUALS FOR MENTAL HEALTH EDUCATION. 2nd ed. Mental Health Materials Center. 1979. 131 pp. $8.50.

700 films released 1974-1978 evaluated and rated. "A guide -- to what to preview and what to ignore."

209. DEVELOPING HUMAN POTENTIAL. Robert and Isabel Hawley. Social Studies Control Service. 1975-76. 2 vols. $4.95 each.

Activities to promote self-awareness, motivation, interpersonal relationships, communications, among other skills.

210. EDITORIAL RESEARCH REPORTS. *Congressional Quarterly*. "Brain Research", 9/15/78, "Teenage Pregnancy", 3/23/79, "Violence in the Family", 4/27/79.

211. GETTING IT ALL TOGETHER.... Santa Barbara Schools. 1977. 318 pp.

Curriculum guide for socio-emotional development, grades 3-6.

212. HELPING CHILDREN COPE. Joan Fassler. Free Press. 1978. $12.95.

Approximately 200 books for ages 4 to 8 on stress situations such as new baby, death and separation experiences, lifestyle changes, financial stress, fire, storm, parent in prison discussed with suggestions for use.

213. INFORMATION PLEASE ALMANAC. 1979. "Coping with Stress in 1979", pp. 14-17. Hans Selye.

One of the foremost authorities on stress presents an overview of 40 years' research and supplies the three surprisingly simple guidelines he has evolved for a "code of behavior based only on the laws of nature".

214. MECHANICS OF THE MIND. Colin Blakemore. Oxford. 1977. $7.50.

215. MENTAL HEALTH. New York Times Information Service. 1978. $30.

Abstracts of recent articles on treatment of mental illness in and out of institutions and changing social attitudes.

216. "Mental Health: Classics and New Films". Jack Neher. *EMC TWO-76*, pp. 2-4. University of California Extension Media Center.

217. MINDSTYLES/LIFESTYLES: A COMPREHENSIVE OVERVIEW OF TODAY'S LIFE-CHANGING PHILOSOPHIES. Nathaniel Lande. Price-Stern-Sloan. 1976. Social Studies School Service. $7.95.

Encyclopedic reference on academic and popular schools of psychology, pop therapies, altering consciousness, sexual lifestyles, etc.

218. 100 WAYS TO ENHANCE SELF-CONCEPT IN THE CLASSROOM: A HANDBOOK FOR TEACHERS AND PARENTS. Prentice-Hall. 1976. $5.95.

219. ONE TO GROW ON: A FILM AND DISCUSSION SERIES FOR MENTAL HEALTH IN THE CLASSROOM. National Institute of Mental Health. 1974. (DMBIA-107.)

Eight films.

220. PROMOTING MENTAL HEALTH IN THE CLASSROOM: A HANDBOOK FOR TEACHERS. Karen R. Pritchett. National Institute of Mental Health. 1973. 87 pp. $1.55. S/N 017-024-00286-1.

Intended to accompany ONE TO GROW ON (219).

221. READINGS IN MENTAL HEALTH EDUCATION. American Alliance for Health, Physical Education and Recreation. 1976. 124 pp. $4.50.

Articles from *School Health Review/Health Education*.

222. THE SINGLE-PARENT FAMILY IN CHILDREN'S BOOKS. Catherine T. Horner. Scarecrow. 1978. $8.

Index to and analysis of over 200 books.

223. SURVIVAL THEMES IN FICTION FOR CHILDREN AND YOUNG PEOPLE. Binnie Tate Wilkin. Scarecrow. 1978. $10.

224. TEACHING AIDS TO PSYCHOLOGY. L. Snellgrove. 1976. (Mimeographed paper.)

225. TEACHING OF PSYCHOLOGY (quarterly). $4/year. American Psychological Association, c/o Robert David, ed.

PAMPHLETS

From American Group Psychotherapy Association

226. CONSUMER'S GUIDE TO GROUP PSYCHOTHERAPY. 1979.

From National Association for Mental Health

227. ALGO QUE USTED DEBE SABER ACERCA DE LAS ENFERMEDADES MENTALES Y EMOCIONALES. 7¢.

Basic information about neurosis, psychosis, and mental illness in general.

228. A CHILD ALONE IN NEED OF HELP. $2.90/100.

How to find help for mentally ill children.

229. CIVIL RIGHTS OF MENTAL PATIENTS. Free.

Position statement.

230. DEPRESSION: WHAT YOU SHOULD KNOW ABOUT IT. 12¢.

231. FACTS ABOUT MENTAL ILLNESS. $2.15/100.

Statistics, facilities available, cost, chances for recovery.

232. HOW TO DEAL WITH YOUR TENSIONS. $9/100.

233. LO QUE TODO NINO NECESITA PARA CRIARSE MENTALMENTE SALUDABLE. $5.40/100.

Emotional needs of children.

234. MENTAL HEALTH 1, 2, 3. $1.90/100.

Characteristics of the healthy person.

235. THE MENTAL HEALTH TECHNICIAN. $6/100.

236. MENTAL ILLNESS CAN BE PREVENTED. $2.65/100.

Some known causes of mental illness.

237. THE PSYCHIATRIC AIDE. $6/100.

238. PSYCHOSURGERY. Free.

Position statement.

239. THE REGISTERED NURSE IN THE PSYCHIATRIC SETTING. $6/100.

240. RIGHT TO TREATMENT. Free.

Position statement.

241. SALUD MENTAL ES 1, 2, 3. $4.50/100.

Characteristics of the healthy person.

242. SOME THINGS YOU SHOULD KNOW ABOUT MENTAL AND EMOTIONAL ILLNESS. $2.50/100.

Basic information about neurosis, psychosis and mental illness generally.

243. SUICIDE PREVENTION SERVICES. Free.

Position statement.

244. WHAT EVERY CHILD NEEDS FOR GOOD MENTAL HEALTH. $1.60/100.

Emotional needs of children.

From National Institute of Mental Health

245. CAREERS IN MENTAL HEALTH. (ADM 75-250.) 1975. 19 pp. $1. S/N 017-024-00463-4.

246. CAUSES, DETECTION, AND TREATMENT OF CHILDHOOD DEPRESSION. 1978. 7 pp. 70¢. S/N 017-024-00701-3.

247. THE CHILD'S EMOTIONS: HOW PHYSICAL ILLNESS CAN AFFECT THEM. (ADM 77-497.) 1977. 6 pp. 60¢. S/N 017-024-00643-2.

Abnormal behavior caused by physical conditions, reactions to illness and emotional problems of hospitalization.

248. FACTS ABOUT AUTISM. 1972. 12 pp. 35¢. S/N 017-024-00259-3. ADM 74-72.

249. IT'S GOOD TO KNOW ABOUT MENTAL HEALTH. (ADM 76-67.) 1973. 11 pp. 40¢. S/N 017-024-00337-9.

250. LITHIUM IN THE TREATMENT OF MOOD DISORDERS. 1974. 99 pp. $1.45. S/N 017-024-00367-1.

251. MENTAL HEALTH ADVOCACY: AN EMERGING FORCE IN CONSUMERS' RIGHTS. 1977. 102 pp. $2.75. S/N 017-024-00682-3.

Each citizen's right to mental health care and rights of mentally ill and retarded.

252. "PLAIN TALK" ABOUT FEELINGS OF GUILT. (ADM 78-580.) 1977. 4-p. folder.

The function of guilt, how to deal with excessive guilt. Reprint from *Family Health/Today's Health* magazine.

253. "PLAIN TALK" ABOUT STRESS. (ADM 79-502) 1977. 4-p. folder.

Reprint from *Current Health* magazine.

254. THE TIE BETWEEN PHYSICAL AND BEHAVIORAL IRREGULARITIES IN CHILDREN. (ADM 78-605.) 1978. 8 pp.

Hyperactivity in children.

255. TRENDS IN MENTAL HEALTH: SELF-DESTRUCTIVE BEHAVIOR AMONG YOUNGER AGE GROUPS. (ADM 77-365.)

256. TRENDS IN MENTAL HEALTH: TREATMENT OF SCHIZOPHRENIA. (ADM 77-340.)

257. TRENDS IN MENTAL HEALTH: UNLOCKING THE MYSTERY OF MENTAL ILLNESS. (ADM 76-407.) 1976. 20 pp. 35¢. S/N 017-024-00551-7.

258. TRENDS IN MENTAL HEALTH: BEHAVIOR MODIFICATION, WHAT IT IS -- AND ISN'T. (ADM 76-408.) 1976. 9 pp. 35¢. S/N 017-024-00553-3.

259. TRENDS IN MENTAL HEALTH: COPING WITH STRESSES OF AN URBAN PLANET. 1978. 23 pp. $1.10. S/N 017-024-00746-3.

Stress as a function of change and crowding; how individuals and groups can cope.

260. TRENDS IN MENTAL HEALTH: SHOPPING FOR THE RIGHT THERAPY. 1977. 16 pp. 90¢. S/N 017-024-00594-1.

From President's Commission on Mental Health

261. REPORT AND RECOMMENDATIONS. 1978. 94 pp. $2.75. S/N 040-000-00390-8.

Existing mental health services and their problem areas, with recommendations. Supporting documents in 3 separate appendix volumes.

From President's Committee on Mental Retardation

262. HELLO WORLD! DHEW publication OS 73-94.

Anecdotal case studies illustrate degrees of mental retardation, causes, prevention, and needed action.

263 MENTAL RETARDATION AND THE LAW. Quarterly.

Legal status of retarded persons.

264. MENTAL RETARDATION: PAST AND PRESENT. 1977. 276 pp. $3.50. S/N 040-000-00385-1.

265. MENTAL RETARDATION: THE KNOWN AND THE UNKNOWN. 1976. 115 pp. $2.45. S/N 017-090-00021-6.

266. THE MENTALLY RETARDED CHILD AT HOME. 1974. 96 pp. $1.10. S/N 017-091-00075-1.

267. REPORT TO THE PRESIDENT -- MENTAL RETARDATION: CENTURY OF DECISION. 1976. 146 pp. $3.15. S/N 040-000-00343-6.

Prevention, treatment, legal rights, public attitudes, costs, government role projections to year 2000. Illustrated with graphs and charts.

DIRECTORY OF SUPPLIERS

[Firms listed in *Books in Print*, *Audiovisual Marketplace* or *El/Hi Textbooks in Print* are omitted.]

American Guidance Service
Publishers' Building
Circle Pines MN 55014

American Alliance for Health, Physical Education and Recreation
1201 16th Street, Northwest
Washington DC 20036

American Group Psychotherapy Association
1995 Broadway
New York NY 10023

American Psychological Association
c/o Robert Daniel
University of Missouri
Columbia MO 65201

American Psychological Association
Division on the Teaching of Psychology
1200 16th Street, Northwest
Washington DC 20036

•

Bandanna Media
572 St. Clair
Grosse Point MI 48230

Blue Shield Association
c/o local Blue Cross/Blue Shield Plan

•

Congressional Quarterly
1414 22nd Street, Northwest
Washington DC 20037

•

Davidson Films
165 Tunstead Avenue
San Anselmo CA 94960

Developmental Learning Materials
7440 Natchez Avenue
Niles IL 60648

Documentary Photo Aids
Post Office Box 956
Mt. Dora FL 32757

•

Games Research
500 Harrison Avenue
Boston MA 02118

•

Human Relations Media
175 Tompkins Avenue
Pleasantville NY 10570

•

Instructional Simulations
2147 University Avenue
St. Paul MN 55114

Interact
Post Office Box 262
Lakeside CA 92040

•

Mental Health Media Center
Re-Runs Unlimited
4907 Cordell Avenue
Bethesda MD 20014

Mental Health Media Evaluation Project
Post Office Box 1548
Springfield VA 22151

•

National Association for Mental Health
1800 North Kent Street
Arlington VA 22209

National Clearinghouse for Drug Abuse Information
Post Office Box 1080
Rockville MD 20013

National Institute of Mental Health
5600 Fishers Lane
Rockville MD 20857

New York Times Information Service
1719A Route 10
Parsippany NJ 07054

•

J. C. Penney
(see manager of nearest store)

•

Santa Barbara County Schools
Santa Barbara CA 93105

Simulation/Gaming
c/o Don Coombs
Post Office Box 3039
Moscow ID 83843

Professor L. Snellgrove
Lambuth College
Jackson TN 38301

•

President's Commission on Mental Health
Executive Office
Washington DC 20210

President's Committee on Mental Retardation
Office of Human Development Services
Publications Distribution Unit
Washington DC 20201

•

Adrian Vance Productions
Post Office Box 46456
Hollywood CA 90046

•

Wise Owl
Post Office Box 3816
Los Angeles CA 90028

CUSTOM SERVICE

Do you need to know what's recent and recommended on a subject we haven't covered? INFORMEDIA can supply a listing in the style of MEDIA MONITOR on any K-12 curriculum topic of your choice. You may specify grade levels and formats as desired. Prices are reasonable. For details, contact Search Department, INFORMEDIA, Post Office Box 1020, Pearl River, New York 10965.

INDEX

[Note that 1-118 are suitable primarily for secondary school students, 119-199 for elementary students, 200-267 for teacher use.]

Abnormal behavior, 16, 53, 75, 95, 247, 254

Achievement, 141, 154, 168

Adolescence, 21, 27, 40, 51, 101, 103

Adoption, 50

Aggressive behavior, 8, 62

Alcohol use, 35-36, 58

Alcohol use by parents, 46, 177

Altered consciousness, 89, 217

Anger, 35, 121, 131, 143, 147, 154-157, 190

Autism, 15, 198, 248

Automobile driving, 1, 26

Behavior modification, 45, 86, 258

Belonging, 62, 141

Bibliographies, 200-201, 203-207, 212, 222-223

Biofeedback, 43, 49, 193

Brain, 49, 55, 73, 78, 84, 97, 210

Careers in mental health, 59, 87, 98-99, 235, 237, 239, 245

Child abuse, 33, 74

Communications, 6-7, 38, 57, 65, 137

Competition, 35, 141, 162

Conformity, 9, 62, 141

Coping, 35, 68, 121, 141, 160, 232

Crying, 164

Death, 22, 50, 141, 161

Defense mechanisms, 83, 100

Delinquency, 19, 29, 35, 141

Depression, 230, 246, 250

Dreams, 73, 102, 179, 180

Drug abuse, 58

Emotions, 7, 51, 96, 100, 132-133, 141, 144, 146, 151-153, 160, 171, 173-174, 178, 181, 185, 189

Fantasizing, 184, 194

Family, 44, 50, 56, 72, 119, 139, 141

Fault finding, 10, 152

Fear, 90, 139-141, 147, 154-156, 158

Filmographies, 202, 208, 216

Foster home, 141, 198

Friendship, 9, 35, 124, 130, 139-140, 150, 157, 175, 182

Frustration, 8, 35, 140-141

Growth, 27, 35, 134, 140, 148

Guilt, 186, 252

Handicaps, 47, 141, 196

Happiness, 147, 156

Hate, 145, 187

Helping agencies, 138

Hypnosis, 188

Illness of parents, 35, 161, 176

Individuality, 12, 28, 127, 132, 144, 155, 159

Inferiority, 61, 155

Insight, 37

Interpersonal relationships, 7, 57, 65, 172

Interracial relationships, 35, 165

Learning, 45, 51

Life stages, 51, 80

Loneliness, 4, 126, 156

Love, 62, 82, 139, 141

Mental health, 234, 241, 244, 249

Mental illness, 227-228, 231, 236, 247, 257

  treatment of, 32, 53, 77, 215, 240, 261

Mentally ill patients, 13, 32, 94, 229, 251

Motivation, 52, 76

Moving, 141, 161

Nutrition, 31

Parents' alcoholism, 46, 177

Parents' expectations, 27, 35, 120

Parents' illness, 35, 161, 176

Parents' unemployment, 161

Peer relations, 9, 27, 35, 123, 140-141

Perception, 17

Personality, 51, 53

Privacy, 35, 39, 119, 141

Prostitution, 20

Psychiatric hospitals, 13, 32, 94

Psychodrama, 79

Psychology, 30, 53-54, 63, 79, 104-106, 108, 110-118, 214

  schools of, 30, 42, 51, 54, 91-92, 217

Psychosurgery, 238

Psychotherapy, 18, 88, 93, 100, 226, 260

Rejection, 141, 195

Retardation, 128, 183, 251, 262-267

Running away, 20, 23, 85, 141

Sadness, 147, 164

Schizophrenia, 94, 256

Self-awareness, 3, 65-66, 81, 109, 133, 136-137, 140, 143-144, 153, 155, 166, 169

Senses, 132-133, 141, 153, 163

Separation and divorce, 24, 35, 48, 50, 56, 60, 122, 124-125, 135, 141, 161, 170, 177

Sex role identification, 35, 41, 107, 140-141

Sexuality, 35, 56, 210

Shyness, 5, 67

Sibling rivalry, 149, 161, 192

Size, 129

Smoking, 35

Spanish-language materials, 133, 151, 153, 169, 227, 233, 241

Stress, 1, 34, 51, 62, 68, 191, 213, 253, 259

Subconscious, 14, 100

Success, 71

Suicide, 2, 11, 22, 25-26, 70, 243, 255

Teaching guides, 209, 211, 218-221, 224-225

Teasing, 150

Values, 131, 155

Violence, 29, 74, 210

Excerpts from *Booklist* quoted by permission of the American Library Association.

MEDIA MONITOR

THE TIMELY GUIDE TO LEARNING RESOURCES

(continued from page 1) chology and pop psychology.

Selection criteria

The usual MEDIA MONITOR selection criteria applied:

1. Authority. MEDIA MONITOR saves educators time by examining published objective evaluations by professionals and synthesizing them, not by providing yet another reviewing service. For the subject of this issue we relied heavily on the Mental Health Materials Center which performs an important service by critically reviewing films and other media and rating them. This issue lists no films that the center advises educators to disregard or that it considers only fair (even though some of these same films may have received awards or high praise from other reviewers). Except for very recent releases for which reviews are not yet in, all films, filmstrips, and books mentioned have won approval from independent critics or, in the case of films, are found in leading university film libraries. The more expensive the item, the more unanimous acceptance was sought.

Games, recordings, and study prints rarely receive critical notice and are included on the basis of subject coverage.

2. Up-to-date. With the exception of fiction, almost all media listed were released in 1976 or later.

3. Cost-effective. Films over 30 minutes in length may become tedious and do not permit class discussion after showing. A shorter film, besides being less expensive, may make its point more effectively. MEDIA MONITOR refers to films less than 30 minutes in length only. Filmstrips can often substitute for more expensive films, particularly where the purpose is to convey factual information. Most filmstrip sets noted here are under $100. When the same title is available in either filmstrip or slide-and-sound format, the filmstrip format is featured because of its notably lower cost. Left out because they offer poor value were sets whose best feature is a teaching guide or workbook but whose visuals add little, a kit priced at over $75 that includes but one filmstrip, filmstrips containing less than 50 frames each.

MEDIA MONITOR does not strive for coverage of each topic in each medium. We do strive for coverage in the least expensive *suitable* medium.

4. Unadvertised. We make a special effort to list hard-to-find items, including freebies not found in guides addressed to the educational market.

As in other issues of MEDIA MONITOR, annotations provide notes on contents, exact physical descriptions, sources, prices and release dates where they can be ascertained, and recommendations by independent reviewers. A one- or two-sentence annotation in parentheses gives the essence of each component part unless the title is self-explanatory. "n.d." means release or publication date could not be established. Grade level designations are approximate. Titles listed in both the elementary and the secondary sections are suitable for middle school or for all ages.

All visuals are in color and teacher's guides supplied with audiovisual items unless otherwise noted. Prices are subject to change and should be considered approximations only, but are in most cases those shown in 1978-79 catalogs. Only pricing and other factual data are taken from vendor copy.

Listing in MEDIA MONITOR does not imply recommendation.

We hope this issue, and others, will help you identify media geared to your teaching objectives, your students' needs, and your school's budget and facilities.

* * *

Back Issues

• The following back issues of MEDIA MONITOR are available at $2.95 each, prepaid only:

THE OCEANS: NEW FRONTIERS (Vol. II, No. 1, 1978)
OUR SOCIETY OF MANY CULTURES (Vol. II, No. 2, 1978)

Order from INFORMEDIA, Post Office Box 1020, Pearl River NY 10965.

• We are planning to issue updated reprints of:

IMAGES OF WOMEN (Vol. I, Nos. 2-3, 1978) and
ECONOMICS FOR CONSUMERS (Vol. II, No. 3, 1979),

both now out-of-stock.

• An update of:

THE ENERGY PROBLEM (Vol. I, No. 1, 1977)

will appear in the Spring 1980 issue.

ifm informedia

Mary Robinson Sive *editor*

John Clarke *production*

MEDIA MONITOR is published three times each school year. Subscription price $10 prepaid, $11.50 with purchase order, includes permission to duplicate. Single issues $3.50 *prepaid*. Make checks payable to INFORMEDIA, Post Office Box 1020, Pearl River, New York 10965.

films • audio • filmstrips • video • posters • freebies • simulations • slides